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2015

## Bike Athlete Performance, Blog 9

Molly McCoig

*Virginia Commonwealth University*



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# McCoigma

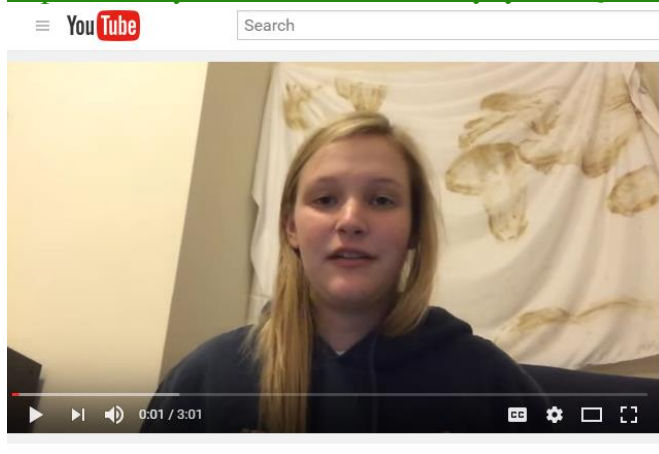
<https://rampages.us/mccoigma/>

Molly McCoig

## 5 HOUR BIKE RIDE VIDEO

OCTOBER 1, 2015 MCCOIGMA LEAVE A COMMENT

<https://www.youtube.com/watch?v=y9yGeVQs2Hc&feature=youtu.be>



Here's to hoping this worked!!

## ASSIGNMENT 3

SEPTEMBER 23, 2015 MCCOIGMA LEAVE A COMMENT

I am not much of an athlete so I interviewed one of my roommates who recently ran a half marathon. For those who don't know, a half marathon is 13.1 miles of running and not an easy task to complete. In the interview I asked my roommate how often she trained, what she ate and how she felt it helped her and how she felt overall.

My roommate, Hannah, trained 6 out of 7 days in a week for a few months leading up to the race. She ran long runs and short runs which helped her to build endurance. She made sure to have a break day because she did not want to get injured by pushing herself too far. Hannah made sure to always stretch before and after the run and eat the appropriate foods to help maintain her energy throughout the training runs.

Two weeks before the race Hannah cut out most sugars from her diet. This helped her to rely on getting nutrients from other foods that would stay with her longer and provide more longterm energy. The night before the race she ate mostly carbohydrates and vegetables. She claimed the

carbs did not make a huge impact on her performance the following morning but she also did not feel bad. She relied more on drinking plenty of fluids and getting a good night of rest. From my experience with going to the gym or attending a dance class, it is always a good idea to eat something. I would go into dance class early in the morning after not eating anything and feel very light headed and dizzy from not eating breakfast. Eating something light to make you not feel full but enough to get energy is always ideal.